



Abe Hosts NRD Portland Conference

By MC3 JAMES R. EVANS
Penny Press staff

USS Abraham Lincoln (CVN 72) hosted Sailors from Naval Recruiting District (NRD) Portland for the district's Biannual Recruiter In Charge (RINC) Conference this week.

The conference, which began April 9 and continued through April 13, provided recruiters from the region with an opportunity to meet and discuss important issues facing their community, as well as to receive training and meet other recruiters from the district.

"This represents an opportunity to get all my frontline supervisors from five states together and have them interact and share ideas," said NRD Portland's Commanding Officer, Cmdr. Caroline Nielson. "It also provides training from outside sources so that they (the RINC's) aren't always hearing the same things from the same people."

Chief Navy Counselor Steve Schaljo said that about 40 Sailors, including RINC's, supervising officers and guest lecturers attended the conference, which was held in Lincoln's squadron ready rooms.

In addition to a busy training schedule, recruiters received briefs and tours of the ship's major systems by members of Lincoln's crew. Lincoln is currently undergoing a Dry-dock Planned Incremental Availability (DPIA) at Naval Base Kitsap in Bremerton Wash.

"Holding the conference here on the Lincoln allows us to provide a sort of training environment for the recruiters who haven't been on a ship in a while or even at all," Schaljo said. "It also helps to remind us of the sacrifices being made by sailors here in the fleet."

Because Lincoln was conducting operations in a simulated under-



Photo By MC3 James R. Evans

Sailors from Naval Recruiting District Northwest listen to a lecture by guest speaker Chief Navy Career Counselor Franklin Tioncgo during the recruiting district's biannual conference, held in Lincoln's squadron ready rooms. About 35 personnel from the district participated in the conference, which offers recruiters the opportunity to meet and discuss important issues, new programs, and to engage in team building activities.

way environment while moored, personnel at the conference got an up-close look at the way a ship functions while at sea.

"For some of the folks here who haven't been to sea, there's a lot of learning going on," said Engineman 2nd Class (SW) Scott Borden, a recruiter stationed in Elko, Nev. "Things like the man overboard drill that we observed this morning are great to experience because

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Pri-Fly Watchstanders Welcome New System

By MC2 (AW) JEREMIE YODER
Penny Press staff

Flight operations aboard USS Abraham Lincoln (CVN-72) will never again be the same following the recent overhaul of the ship's navigational equipment and systems.

The MORIAH Wind System (MWS) is of particular relevance to the watchstanders in

Lincoln's Primary Flight Control (Pri-Fly). MORIAH is designed to provide a digital display of wind speed and direction information, including crosswinds and headwinds for use in aircraft operations and other primary shipboard functions such as combat and fire-fighting.

Aviation Boatswain's Mate Second Class (AW) John Cupstid, the Pri-Fly tower supervisor, said that MORIAH's more reliable wind

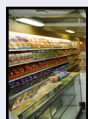
indicators will make life for the ship's senior Air Department watchstanders much easier.

"It (MORIAH) makes the job of launch and recovery of aircraft easier by providing wind information about the angled deck (recovery) and the straight deck (launch)," Cupstid said.

Cmdr. William Mims, the ship's Mini Boss

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they allow us to better inform our prospective Sailors."

During their time aboard Lincoln, Sailors from NRD Portland conducted training on the Delayed Entry Program, leadership, personal accountability, Reserve Officer Training Corps opportunities, and coaching skills as well as an introduction to Navy recruiting's new Production Analysis and Training Evaluation (PATE) program.

"Basically what PATE does is it provides a way for us to analyze how much time we spend prospecting in order to get the number of contract signers that we need," said Navy Counselor 1st Class (SW) Jeycee Killian, stationed at Vancouver Wash.

"It lets us better focus our efforts and our time and build a better plan for our stations," she added.

Sailors from NRD Portland also took advantage of their time in Bremerton to participate in team-building exercises, including a group bowling excursion designed to introduce Sailors to one another who had often worked together via phone and e-mail, but who had never met face to face.

Grand Re-Opening!



Photo By MCSN Brandon Wilson

Machinist's Mate 2nd Class Barry Biesen picks up some snacks at the Four Score Store shortly after its re-opening. Lincoln's Four Score Store opened Tuesday evening for the first time since deployment 2006. With more than \$80,000 worth of snacks, tobacco and toiletries lining the shelves, LTJG Wendell Stephens and his crew from Supply Department are keeping Sailors happy with a variety of everyday necessities. "We're creating a grab-and-go; much like 7-11, we have an entire microwavable section that we never had before," Stephens said. "With the new Navy Cash system we're able to do a daily balance that alleviates the headaches of using regular cash." Stephens also added that a healthy choice section is on the way as well as surprise freezer items such as burritos periodically when the ship is underway.



April 11, 1900 *The Navy accepts its first submarine, USS Holland (SS-1)*

April 12, 1861 *The U.S. Civil War begins at Fort Sumter S.C.*



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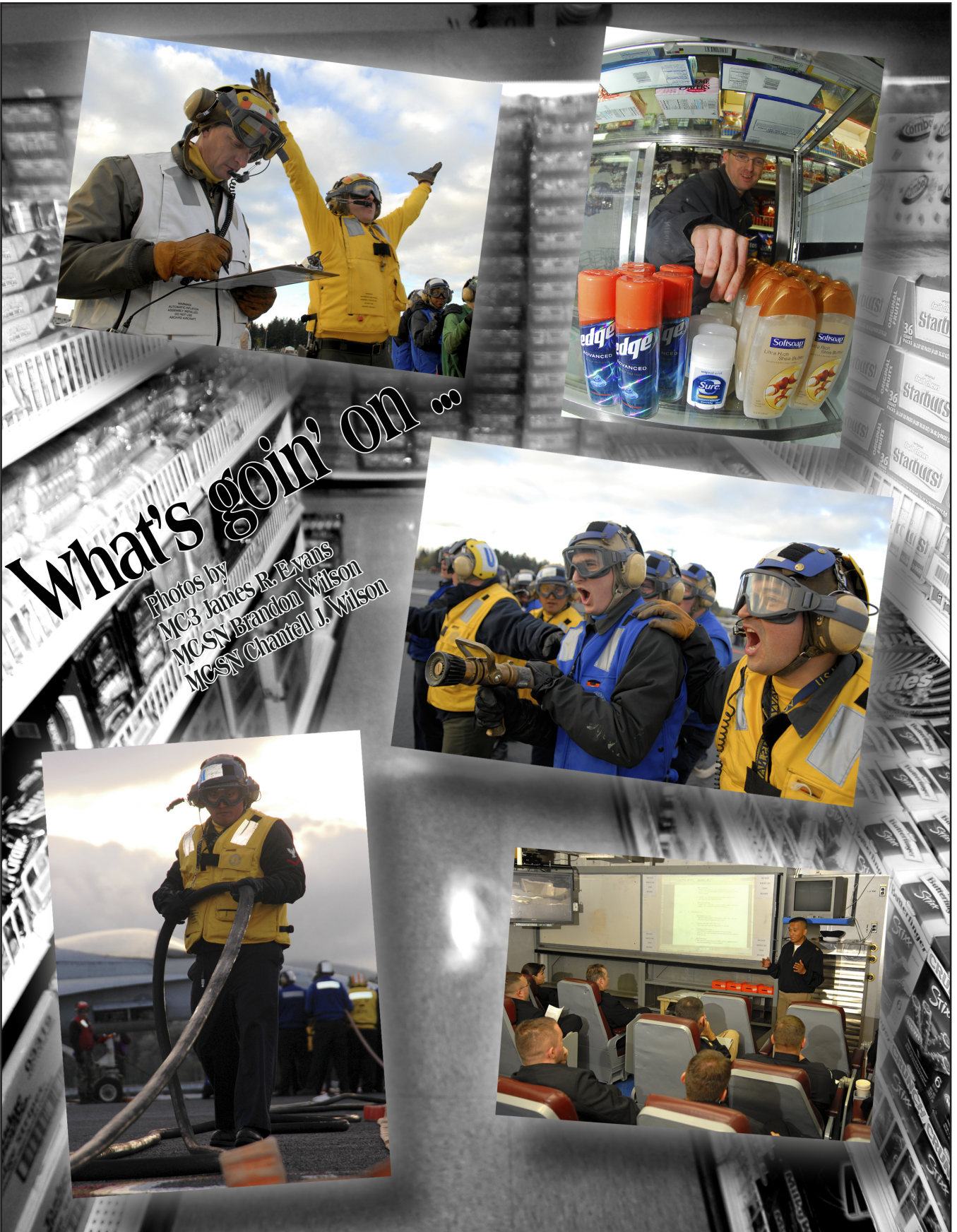
Movie tickets are on sale in the MWR office
for \$5 each. Tickets can be purchased for
Regal and AMC/Lowes theaters.



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Lincoln Pride



What's goin' on ...

Photos by
MC3 James R. Evans
MCSN Brandon Wilson
MCSN Chantell J. Wilson

Local News

PRI-FLY

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(the Assistant Air Officer) said that during flight operations, MORIAH will also greatly impact the jobs of the aircraft launchers or "shooters," helicopter control officers, and the Maintenance and Material Control Officers (MMCOs) from the attached helicopter squadrons.

Cupstid said that in the past, decisions relating to the safe and effective navigation during flight operations were made by decision-makers in Pri-Fly after consulting a number of mechanical displays that showed relevant wind information and then compared the information to various manuals which



Photo By MC2 (AW) Jeremie Yoder

Aviation Boatswain's Mate 2nd Class (AW) John Cupstid provides training for Aviation Boatswain's Mate (Handling) Airman Xiao Lin on the digital display for the newly installed MORIAH system in Lincoln's Primary Flight Control. MORIAH is designed to provide a digital display of wind speed and direction information, including crosswinds and headwinds for use in air operations and other primary shipboard functions such as combat and fire-fighting.

publish acceptable tolerances for launching and recovering aircraft.

Lincoln is not the first carrier to integrate MORIAH into its navigational repertoire, following USS George Washington (CVN-73),

USS Harry S. Truman (CVN-75), several amphibious assault ships, and all new destroyers under construction, after being received into Full Rate Production for the Navy in August 2006.

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Welcome Aboard USS Lincoln

USS Abraham Lincoln (CVN 72)

would like to welcome the following Sailors on board:



ANDERSON, SHANE ALAN ITSA
ANDREWS, SCOTT ANTHONY CS1
ANTON, JASON STEVEN AC1
BASILIO, CHARLYN MMFN
BEACH, MEGAN MARIE HN
BLANKENSHIP, ANTHONY LEE ITSR
BOWEN, JOSHUA GRANTAO1
BRUNO, BRIANA THERESA AZAN
COFFER, DAVID ALLEN DCFN
DEROODE, JOSEHUA JACOB CS2
EUSEK, AUSTEN ANGELO AA
FERREIRA, JOSEF REYKALOI HTFA
FIRKINS, TIMOTHY JAMES IT2
FISHER, DANIEL WILLIAM ABE2
FULLER, FRANK ANDREW MM2
GABONA, NINARICCI AUSAN ET3
GALARZA, LAURA JANET HN
HALL, LECK III HT1
HANTZ, DAVID ISAMAN MMFR
KIEL, JABOREE PIERE DCFN
LOKAN, JERALD PHILIP ENFR

MANGUCHEI, CHARLES JAVIER SN
MARSHALL, WILLIAM CLIFTON HM1
ODEN, MARC HOSE ICC
PHIPPS, DUSTIN BLAKE ICFA
RING, MICHAEL NORMAN AT2
RUSSELL, TIMOTHY JOHN AMAA
VANHOUTEN, DALTON DALE FC3
VARGAS, ALBERTO PINEDA JR SR
WATSON, STEPHEN FRANCIS OS2
WHISNER, AMY QUINN MC3



Local Stories

Family Readiness Vital to Mission Success

BY FORCM(SS) Mo Pollard
*Commander, Submarine Force,
U.S. Pacific Fleet*

Greetings Shipmates! Much has been going around the Fleet the past few months about the Navy's deployability and employability changes. As my good friend Fleet Master Chief West said in his recent message to all of you, "We are a nation at war, and you and your families' contributions and sacrifices are valued by the leadership of the American public."

The tempo of today's Navy calls for more flexible schedules and different types of deployments, not common in the days when I first joined back in 1977. Today's tempo not only calls for us as Sailors to always be ready to deploy, but also our families need to be ready. More importantly, Individual Augmentee (IA) and surge deployments can come on short notice, so it is important, now more than ever, to keep our affairs squared away at all times.

One aspect I cannot stress enough is to always have an updated Page 2, otherwise known as a Sailor's Record of Emergency Data. This piece of paper maintained in your service record is more important than any other for your entire family in the event something should happen to you. Everyone in the Fleet has heard a variation of many a Page-2 horror story, such as an ex-spouse getting a deceased Sailor's benefits while the current spouse and children get nothing, because the Sailor did not update his or her Page 2 upon divorce and remarriage. Updating your Page 2 upon marriage, divorce, re-marriage, birth of a child, etc., will help you avoid spending countless hours at your local Personnel Support Detachment or personnel

office rushing to get things done prior to a deployment. This time is better spent with your family.

While getting our families ready on the home front as we prepare to deploy may seem to be an overwhelming task, preparations will go a lot smoother if you and your family members take advantage of the resources available to today's military families.

First rule of thumb is to start close to home. Your command ombudsmen, volunteers appointed by your commanding officer, are trained to help you with questions or situations you or your family may have. If the ombudsmen do not have the answer, they know how to find someone who does. Sailors, make sure your family members know who your ombudsmen are and how to contact them. Also don't forget about your Command Family Readiness Group; your ombudsmen can put you in contact with this group. FRGs organize activities for spouses and children during deployments as well as provide support. Through such activities, these groups open the door for families to get to know other families in the same situation and to become a support system.

Shipmates, another way you can ensure your family is taken care of is to pay a visit to your legal office. If you have an updated will and valid powers of attorney, this, too, will make pre-deployment preparations that much easier. Also, when you remember your legal office, don't forget your nearest chaplain. Chaplains are trained counselors who can be there with you and your family during deployments by providing emotional and spiritual support as well as education for you and your family.



Most of you are familiar with the Fleet and Family Support Center (FFSC). However, Sailors sometimes don't realize how helpful today's FFSCs can be. Every center has professional educators and counselors on staff provide information and referral, education and training as well as counseling. They provide services for deployment preparedness for the Sailor and family members and assistance with PCS moves, marital counseling, stress and anger management, financial planning and more. For more information, check out www.nffsp.org.

Some other resources you may not be familiar with are Web sites specifically designed to assist Sailors and families. One such site, Military One Source, www.militaryonesource.com, is sponsored by the Department of Defense and offers help with such items as income taxes and money matters, college information for Sailors and

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Local Stories



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MCSN Chantell J. Wilson

Storekeeper 3rd Class Eric P. Gain, a phone talker for Unit Locker 31, reports the setting of Material Condition Zebra to Damage Control Central during a General Quarters (GQ) drill aboard USS Abraham Lincoln (CVN 72), Wednesday.

READINESS

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family members, civilian transition assistance and elderly care. The Expeditionary Combat Readiness Center (ECRC), www.ecrc.navy.mil, specifically designed for "warfighters" and their families, provides numerous handbooks and guidelines for Sailors on IA assignments and their family members.

Last, but certainly not least, are organizations that can assist your loved ones in the event of a crisis or emergency. Before you deploy, please ensure your family members know how to contact the American Red Cross and the Navy/Marine Corps Relief Society. The ARC sends messages for family members who are experiencing some type of emergency, while the Navy/Marine Corps Relief Society provides interest-free loans to

those needing assistance with disaster relief, child-care expenses, pay problems or delays, funeral expenses, transportation or family emergencies. More information on the ARC can be found at www.redcross.org; NMCRS, at www.nmcrcs.org/services.html.

Not only are we as Sailors responsible for taking care of our families, command leadership ensures that we strike a balance on how to best use these resources for their families. When in doubt, ask your chief!

A wise person once told me, "no one takes better care of you than you." Remember as we press on to carry out our missions, whatever they may be, take advantage of the many resources we have as Sailors. And, keep everything up to date! You never know when your orders to deploy will come up.

Editor's Top 10

Fun things to do with the light switch in your berthing!

10. Flip it on.
9. Flip it off.
8. Use it as a coathanger (Disclaimer: Penny Press neither condones nor endorses the use of electrical devices as coat hangers).
7. To remove a loose tooth, tie one end of a string to it and the other to the tooth and flip it.
6. Flip the red lights on, then off, then back to white lights really fast and pretend you're at a dance club.
5. If you're a DJ, wire your sound system to it and wake up the entire berthing in the middle of the night.
4. Flip it on and off all night and pretend you've been abducted by aliens.
3. Record its clinging sound and then sell it to some stupid sound effects person.
2. Use it for daily finger exercises.
1. Stare at it continuously until you can flip it using pure brain power.